



## December 1 is the Day You Say You're In

Doc will be coming around and checking off names to see who is in for the February 28, 2015 Tomcat Tournament. Draft goes January Kapusta Kow -AP- Doc Brewin needs to know if you are in for this year's TOMCAT tournament February 28, 2015 . Most guys are not very good at responding in a timely fashion and saying that they are in, so manually Doc will go around and see if you are in. Emails will also be sent out, asking anyone who is interested to respond. "This is my first year running it, so please get back to me as soon as you can, I really don't have the time or energy to chase after you, so if you know you are playing send me an email or a text". stated Doc Brewin.

## Memories of Tournaments Gone By....



2003 Stanley's Cup Champions, the Finner Hardballers....Terry Dodich, Uwe Jamieson, Spinner Dzibela, Sparky Renaud, Jimmy Elbows,. Bulldog Meloche and Gerald Finnerty



Sheep Dog's first Tournament last year, "I would not miss it for the World." Sheep Dog Says



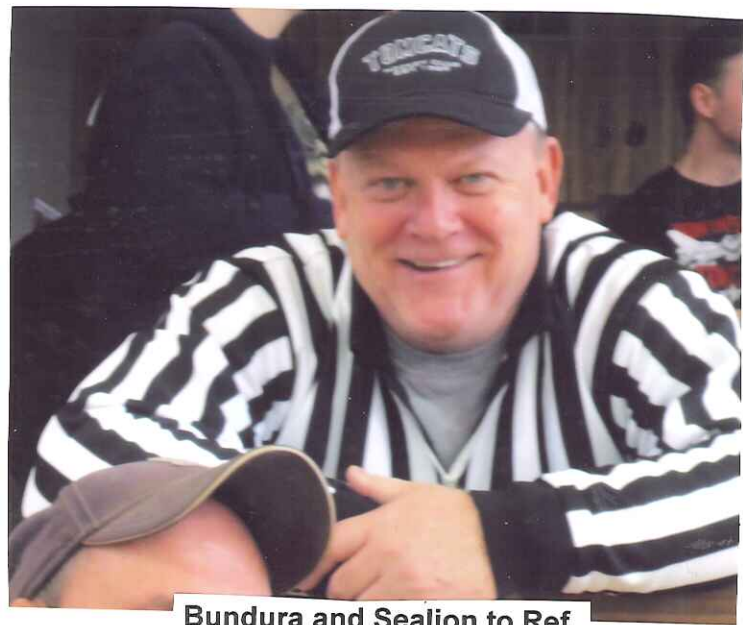
Sparky Holds the Stanley's Cup, so that Finner can take a sip. (Yes... that is Sparky to the left)



Doc Does Not Want To Be Sad By Your Lack of Response, So let him know today that you are playing.



Fans come all over the world to watch the Tomcat Tournament



Bundura and Sealion to Ref again this year. Yes they will be provided with better prescription glasses.



Jingles Jets, (2014 Champs) Hoist the Cup: Spinner, Hollywood, Crow, Doc (with Cup) LA Bamba, Cribzie and team Captain, Kevin 'Jingles' Kuprowski.

"when the Jingle Jets won, last year's Stanley's Cup, It probably was the best day of my whole life" Jingles Kuprowski stated.

Killer, Bulldog and his brother Bearcat at the tournament, last year. It's a great time, to sit around and watch and have some fun. But when you're team is playing, watch out, no brotherly love out there then.



# 2 Day Five Team Tournament or 1 Day

Tournament to remain the same and will only be played over one day and will be kept to four teams to keep the tradition the same

**Kapusta Kow Palace -Ap-** There was a slight thought about 5 teams, two days for the tournament. Steven Jaworiwsky, President of the Windsor Tomcats, asked the players what they thought about having a 2 day tournament and having 5 teams in it. Responses came and he listened to the responses. In the end, he decided to keep it to one day tournament as it has been for the past 24 years. "I wanted to see if we could expand it, make it bigger and better, but the players of the hockey club had spoken and it seemed that they wanted to keep it the same", indicated President Jaworiwsky and then added. "Some were all for having it over two days indicating 'what do you do on the Friday night before the tournament' anyway, but when push came to shove, the one day, 4 team tournament is what the folks really wanted". Concluded Jaworiwsky.

Captains once again are, Sheep Dog, Kamikaze, Doc and the Rake.

## St. Felix, Not Just Ball Hockey

**'The only easy day was yesterday'**  
**Motivate yourself to put hard times behind you — and then settle in for more rough road ahead** By Eric Davis, GovX

We let too many powerful, life-changing quotes and sayings pass through our ears without taking any action on them. It's time to take pause, listen and then actually change our lives because of them.

Let's take this one.

**"The only easy day was yesterday"**

This famous saying is etched above the grinder in the BUD/S compound. Every bleeding back, bruised knuckle and searing muscle produced during SEAL physical training is underneath this sign. But what does it really mean?

For me, there are two powerful and opposing meanings to this statement. One meaning has provided me a refuge, a destination if you will. The other reminds me that this shit never ends, so get used to it.

### **A Paradise from the Pain**

Have you ever done anything extremely dangerous, tough, demanding or painful? Do you notice how good it feels when you're done? That's the "paradise from the pain" that this saying represents for me.

People take action for one of two reasons:

- 1.) Avoid pain
- 2) Gain pleasure

The avoidance of pain can produce quick results; however, it's a weak catalyst for action. The acquisition of pleasure, on the other hand, can drive a man or a woman to do some amazing things.

In the early stages of SEAL training, they put you through what's called "Hell Week." You're basically awake for five days and in constant wet, painful and very cold motion. The entire time I was going through this ordeal, all I would think about was how great it would feel on Friday when they "secured" us from Hell Week. All that was on my mind was the pleasure of going to Bullshit to buy the coveted "The only easy day was yesterday" t-shirt that one only "rated" after the completion of Hell Week.

This motivation to gain something good was my "paradise from the pain" because no matter what was happening, no matter how bad it was, my heart and mind was sitting on this island of accomplishment thinking about how "easy" it will all be once Hell Week became yesterday.

Article by Eric Davis U.S. Navy Seal

### **This Shit Never Ends — Settle In**

I was training a young man the other day who wants to become a SEAL. We were running on the beach talking about the "mental management" of SEAL training. It was our third evolution of the day, and I was explaining to him that BUD/S is much like this — endless demanding physical or mental evolutions that would go on for more than six months. And once BUD/S was over, it didn't stop — training for deployment was also demanding. Never-ending. The only easy day would always and only be yesterday because today you have to prove yourself again.

I explained to him that BUD/S could have lasted forever and I would have been fine. I had "settled in" and accepted that every day I would start over and prove myself again.

### **Putting It All Together**

Though these two things seem to be opposite in nature, I find them to be two halves to the equation of life.

On the front end, the saying promises me "pleasure" once the tough stuff is behind me. The reward that has me kick ass every day with a smile on my face.

On the back end is the idea that there will always be a challenge, so there's no reason to resist it anymore. Just put your head down, keep spitting the blood and don't stop. I know this sounds a bit "aggro," but think about it. If you are to live a life of purpose, will you not always have something difficult to accomplish? I mean if you have everything handled financially, physically, mentally and spiritually for yourself and your loved ones, wouldn't it then be time to hit the road and start helping others who are suffering and dying every day? I think so.

### **This Shit Isn't Meant To Be Entertaining**

Stop nodding your head like you get it — now what are you going to do? Here are three questions to ask yourself to inspire action:

- 1.) What are you now going to quit doing in your life?
- 2.) What are you now going to start doing in your life?
- 3.) What are you already doing that you're now going to modify?

The Only Easy Day Was Yesterday.

What does it mean to you?

Eric Davis served our country as a U.S. Navy SEAL and decorated veteran of the Global War on Terror. Eric has been recognized as one of the premier sniper instructors in the U.S. military and has served as a Master Training Specialist at the SEAL sniper school.

## **Tomcats Medicated**

### **First Aid Kit To Contain Meds**

**First Aid Kit -Ap-** The Windsor Tomcats have purchased Acetaminophen and Ibuprofen for their first aid kit. "It's not your usual medication that you would find in a first aid kit, but we are not a usual bunch". indicated resident Tomcat Drug Expert Dave 'Hurricane' Hann. Why the medication now? A few weeks back one of the Tomcat showed up with a headache and the first aid kit was searched for an aspirin, but nothing was located, it was at that time decided that a purchase of the two most common medicines found in any medicine cabinet throughout North America, Acetaminophen (For headaches) and Ibuprofen (muscle relaxer). "It's just another way of making the floor hockey world a better place for any Tomcat that may wish to suppress a bit of pain" and we have rye and beer, if the pain is very strong, Louis Koenigsberger chuckles as he finishes the last line. So if you need a pain pill, just ask....and no, Tomcats will not be supplying a bowl of Sudafed on stage for prior to the game!

